

GLOSSARY OF TERMS

Abduction

Movement of limb away from body midline

Adduction

Movement of limb towards body midline

AFOs

Ankle Foot Orthoses; splints to minimise foot deformities, provide a stable base and influence posture and gait

Associated Reactions

Increase of stiffness in spastic arms and legs resulting from effort, excitement etc.

Asymmetrical

One side of the body different from the other

Asphyxia

Lack of oxygen

Ataxic Child

Poor balance and uncoordinated movements

Athetoid

Uncontrolled and involuntary

Cerebral Palsy

Disorder of posture and movement resulting from brain damage

Chorea

Uncontrollable small, jerky movements particularly of toes and fingers

Clonus

Trembling movements of spastic muscles

Contracture

Permanently tight muscles, resulting in reduced movement in a joint

Diplegia

Legs mostly affected

Epilepsy

Disorder characterised by periodic loss of consciousness with or without seizures

Eversion

Turning outward (usually refers to feet)

Extension

Straightening of trunk and limbs

Facilitation

Making easier

Fine Motor

Precise movements, usually produced by hands or fingers

Flexion

Bending of a joint, e.g. elbows, hips, knees etc.

Function

Ability to carry out task of daily living

Gastrostomy

Surgical procedure to insert tube into stomach for feeding

Gross Motor

Large muscle movements

Hemiplegia

One side of the body affected

Inversion

Turning inward (usually refers to feet)

Motor Patterns

The ways in which the body and limbs work together to make movement possible

Passive Movement

That which is done to the child without his help

Pathological

Abnormal

Primitive Movements

Early or baby movements

Pronation

Turning of the forearm resulting in the hand with the palm down

Prone

Lying on tummy

Quadriplegia

Four limbs and trunk affected

Range of Movements

Flexibility of joints e.g. hips, elbows

Reflexes

Automatic movements that are unconsciously performed

Rigidity

Very strong resistance to movement

Scoliosis

Abnormal curvature of the spine

Spasm

Sudden tightening of muscles

Spasticity

Stiffness in muscles

Supine

Lying on the back

Supination

Turning of hand with palm up

Symmetrical

Both sides equal

Tone

Normal tension in muscles

Hypotonic: Decreased tension (tone) in muscles

Hypertonic: Increased tension (tone) in muscles

Asymmetrical Tonic Neck Reflex (ATNR):

When the turning of the head to one side causes the arm on that side to straighten and stiffen and the other arm and leg to bend